

Kittitas County Diabetes Statistics, 2003



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Prevalence (adults 18+ years)	Kittitas County		Washington State	
	Percent (95% CI) ¹	Number of adults	Percent (95% CI) ¹	Number of adults
	8.1 (5.3, 12.1)	2,106	6.6 (6.2, 7.1)	303,283

Risk Factors (adults 18+ years without diabetes)	Kittitas County	Washington State
	Percent (95%CI) ¹	Percent (95%CI) ¹
Overweight or obese ²	57.7 (50.2, 64.8)	56.8 (55.8, 57.8)
Insufficient physical activity ³	30.1 (23.8, 37.3)	35.8 (34.9, 36.8)
Smoke cigarettes	19.9 (14.7, 26.4)	19.8 (19.0, 20.6)
History of high blood pressure ⁴	23.7 (18.2, 30.3)	20.8 (20.1, 21.5)
History of high cholesterol ⁴	25.9 (19.7, 33.2)	31.1 (30.2, 32.1)

Hospitalizations ⁵ (with complications of diabetes)	Number of hospitalizations	Age-adjusted rate per 10,000 total population (95% CI) ¹		Crude rate per 10,000 people with diabetes	
	Kittitas County	Kittitas County	Washington State	Kittitas County	Washington State
Diabetes as first listed diagnosis	21	6.5 (4.0, 10.2)	9.6 (9.4, 9.9)	98.7	191.3
Diabetes as any listed diagnosis	266	78.4 (69.2, 88.7)	118.4 (117.5, 119.3)	1,250.0	2,293.6
→ with coronary heart disease	84	24.6 (19.6, 30.7)	36.3 (35.8, 36.8)	394.7	693.1
→ with stroke	26	8.1 (5.3, 12.0)	10.1 (9.9, 10.4)	122.2	190.9
→ with diabetic ketoacidosis	5	1.2 (0.3, 3.3)	3.9 (3.8, 4.1)	23.5	78.9
→ with lower extremity amputation	*	*	1.9 (1.8, 2.0)	*	160.7

Deaths ⁵	Number of deaths	Age-adjusted rate per 100,000 total population (95% CI) ¹		Crude rate per 100,000 people with diabetes	
	Kittitas County	Kittitas County	Washington State	Kittitas County	Washington State
Diabetes as underlying cause	*	*	26.0 (24.7, 27.4)	*	494.4
Diabetes as any cause	22	61.6 (38.4, 95.5)	77.1 (74.9, 79.4)	1,033.8	1,460.9

¹Data presented as: percentage or rate (95% confidence interval).

²Overweight=body mass index (BMI) 25.0-29.9 kg/m², obese=BMI 30.0+ kg/m².

³Insufficient physical activity=reported level of physical activity during leisure time or at work does not meet Centers for Disease Control and Prevention (CDC) recommendations of moderate-intensity activity for 30+ minutes on 5+ days/week or vigorous-intensity activity for 20+ minutes on 3+ days/week

⁴Told by doctor, nurse, or other health professional had high blood pressure and/or high cholesterol.

⁵Rates are not computed for counts <5. Rates based on fewer than 20 deaths or hospitalizations are likely to be unstable or imprecise.